

"EMOTIONAL BODY ARMOR" FOR FIRST RESPONDERS

Emotional Body Armor for First Responders is an intensive one-day workshop identifying those issues that manifest while working on the front lines of a demanding career that can lead to many issues regarding (but not limited to) trauma, relationships, finances, mental health and substance abuse matters that can result in the loss of relationships, jobs and eventually their life.

The workshops are designed for all first responders to provide them with the tools to help individuals being held back both personally and professionally by the bonds of addictive behaviors, codependency, family systems or trauma in any form. Participants will examine those barriers and experiences that influence the capacity for a happy, healthy life and career. The intensive workshop experience will reveal how painful life and job experiences are and that they can hamper the growth of individuals and block the ability to be authentic in relationships with self and others.

SEAN RILEY

FOUNDER AND PRESIDENT
SAFE CALL NOW

"Emotional Body Armor for First Responders"



Objectives:

1. Identify early warning signs of a potential personal or professional crisis
2. Understand intervention techniques for first responders
3. Provide appropriate resources available to get help
4. Identify and understand what long term personal health, happiness and success looks like in the first responder field

CAROLINE SMITH

MA, LPC, LISAC, CSAT, CMAT, EMDR 1 & 2
PINE GROVE RECOVERY CENTER

"Theoretic Model for Implementing Personal Awareness and Emotional Protection."



Objectives:

1. Analyze the utility and limitations of three important clinical modalities for successful outcomes when working with first responders
2. Explore the significance early developmental experience have on adult responses to stress
3. Understand eight primary ways the brain adapts to past stressors and the importance of integrating these findings in to future interventions.

Meydenbauer Center

Bellevue, WA

June 26, 2014 | 8am - 5pm



Registration Fee:

Free for Sponsor Members

\$40 Non-Members

Register at:

www.WACOPS.org/training

Event Sponsors:



Washington State
Council of Fire Fighters